

**PST 110:  
INTRODUCTION TO THE  
PHYSIOTHERAPY PROFESSION (1)**

# WHAT IS PHYSIOTHERAPY?

- Synonym of physical therapy
- PHYSIO + THERAPY
- A Healthcare Profession; Examples of other Healthcare Professions include Medicine, Pharmacy, Medical Laboratory Sciences, Radiography.

- A healthcare profession that is concerned with the promotion, preservation and restoration of optimal physical function throughout life (Akinpelu, 2016).
- Physiotherapy helps to restore movement and function when someone is affected by injury, illness or disability. It can also help to reduce your risk of injury or illness in the future (NHS, UK 2018).

- A profession is an occupation for which preliminary training is intellectual in nature; involving accumulation of theoretical knowledge and learning, not just mere accumulation of skills. It is characterised by the following attributes:
  1. Has an existing body of knowledge
  2. Has definite standard of performance
  3. It is guided by code of conduct.

- A human service/ healthcare profession is regarded as a calling, with specialised knowledge and often requires long and intensive academic preparation.
- It is characterised by registration and requires each practitioner to be licensed (Oyeyemi, 2009).

- An organised and mature profession provides opportunities for specialisation among its members. The development, status and scope of practice of a profession could vary between countries.
- A professional is someone who has a high degree of decision making.
- Physiotherapy is provided by specially-trained and regulated practitioners called physiotherapists.

# PHYSIOTHERAPY CORE SKILLS

- Exercise Therapy
- Manual Therapy
- Electrotherapy

These core skills differentiate Physiotherapy from other health care professions because they are peculiar to it.

# HISTORY OF PHYSIOTHERAPY

- Dates back to the nineteenth century (1813) when Per Henrik Ling started the Royal Central Institute of Gymnastics in Sweden.
- Decades later (1894) four nurses in Britain formed the Chartered Society of Physiotherapy (CSP).
- University of Otago, New Zealand started a school of Physiotherapy.



- Physiotherapy training started in the USA in 1914 at Reed College, Portland, Oregon.
- In Nigeria, due to the colonial affiliation, Physiotherapy was fashioned after the British model; it was introduced by two British physiotherapists (Miss Manfield and Mr Williams) at the Royal Orthopaedic Hospital now National Orthopaedic Hospital, Igbobi in 1945.

- Majority of the patients seen were military returnees from the second world war.
- A three-year diploma training programme was started and graduates were designated as assistant physiotherapists who worked under strict supervision of the chartered physiotherapists.

# World Congress of Physical Therapy

- International body comprised of all national physiotherapy associations; founded in 1951 in Copenhagen, Denmark with 11 nations in attendance (South Africa inclusive).
- WCPT collaborates with the World Health Organisation (WHO) and other international health organisations on aspects pertaining to health and general well-being of the populace.
- There are five regional associations of WCPT, these are: Africa, Asia & West Pacific, European, North America & Caribbean, South America.

- First WCPT congress was held in London in 1953 and this holds once in every four year's.
- Last edition was held in Geneva, Switzerland between 9<sup>th</sup> and 13<sup>th</sup> May, 2019

# Nigeria Society of Physiotherapy

- Body of physiotherapists in Nigeria, inaugurated on 29<sup>th</sup> August 1959 at the instance of Messrs T.A Oshin and late C.A Ajao.
- Inaugural meeting held at the Physiotherapy Department, UCH
- Joined WCPT provisionally in 1966, fully in 1967.

- Holds national annual conferences and meetings.
- Election of officers holds every two years.
- Has chapters in most states of the federation.
- Facilitates various continuous professional development programmes for members.
- Involved in advocacy, liases with the government and other relevant bodies

# Medical Rehabilitation Therapists Board of Nigeria

- A parastatal of the Federal ministry of health
- Established by decree 38 of 1988/ Act LFN 2004 to regulate the practice of Physiotherapy and other rehabilitation disciplines in Nigeria..
- Formally inaugurated on 29<sup>th</sup> December, 1992.
- Roles of MRTB include:
- Annual registration of Physiotherapists

- Induction of newly qualified Physiotherapists into the profession.
- Internship training programme
- Accreditation of Physiotherapy facilities for internship training



# National Postgraduate Physiotherapy College of Nigeria

- Inaugurated in November 2012 by the NSP to structure clinical residency programme in Physiotherapy.
- Proposed specialities for residency training include:
- Orthopaedics, Sports, Women's health, Cardiopulmonary, Neurology and Mental health, Paediatrics, Geriatrics, Community health.

# THE SCIENCE OF PHYSIOTHERAPY

- This is **Pathokinesiology, the Knowledge Base of Physiotherapy, the Science of Physiotherapy**
- Pathokinesiology

## Definition

- **Science/Knowledge Base of Physiotherapy**
- **Disablement/Physical Dysfunction/Dyskinesia**
- Foundation, in
- Functional Anatomy
- Interactions of body systems
- Energy production for the working systems

And the qualifying prerequisites are

- Physical and biosciences
- Liberal arts and Communication skills

- Pathology
  - Knowledge base or the Science of Medicine- Study of process of diseases
- Kinesiology
  - Analytical and systematic study of human (and animals) movements..
  - Kinematics and Kinetics
- Pathokinesiology
  - ...in disease or sequel to trauma or congenital abnormalities.
  - Disablement
  - Dysfunction
  - Dyskinesia
- Pathokinesiology is the knowledge base or the science of physiotherapy

- Movement is essential for survival and thriving:
- Where movement
- hurts or
- is late or
- insufficient or
- exaggerated or
- Uncoordinated
- Pathokinesiology is the science for intervention and the physiotherapist is equipped to restore functional movement.

Measurements are very essential in any science.

- Pain rating scales\*
  - VAS, VRS, MVRS, SDS, PPI- McGill Pain Qnr
- Disability and Functional Assessment Scales\*
- Force plate
- Telemetry System for measuring ground foot force (GFF)\*
- Mobility measurement equipment
  - Inclinator
  - Flexiometer\*

- Goniometers
  - Conventional Goniometers—  
1800,..3600,..Universal,..\*
  - Hydrogoniometer\*
  - Polarized Light Goniometer (Polgon)\*
  - Electrogoniometer (Elgon)\*
- Anthropometric Tape\*/ Tape Rule
- Electroneurological Test and Therapy Equipment
  - Electromyograph
  - ElectroStimulators for NCT, SDC

- Physiotherapy is , therefore, partly complementary to paediatrics, medicine and surgery in all ages and also has a professional status of offering treatment: habilitative, rehabilitative, **wellness promotion** and palliative services in a wide range of musculoskeletal and neuromuscular disorders and abnormalities in infants, children, women and the elderly.

